

10 Jumping Jacks

Open Mic

Rock Band

Head Shoulder Knee Toes

Simon Says

Follow Me

One Behind

Mirror Me

Dance Party

Seat Change

Run in Place

Focus Ball

Write your Name using
different body parts

Hop on One Foot

Star Jumps

Crawl on the Floor

Spin around for 15
seconds, then reverse

10 Sit Ups

Do the Twist

Swim Around the Room

Crab Walk Around the
Room

Walk like an Elephant

Do 5 Push Ups

Clap your Hands

Give yourself an ear
massage

Do 3 different Stretches

Pretend to Juggle

Spell your Name Using
your Body to Make letters

March in Place

Pretend to play your
favorite sport